

## Also Inside this Issue....

Elder Abuse 25th and Draw the Line	3
County Executive-Apply Early for HEAP	12
Home for Holidays with Southwest Airlines	4
Stories of Life	10
Alpha Program Comes to Neighborhoods	11
Nutrition News	7-8

# 60 PLUS



## Public Hearing Nov. 7 1 pm—Please Come

The Erie County Department of Senior Services' Public Hearing will be held at 1:00 pm on Friday, November 7, 2003 at the North Buffalo Community Center. An abstract of the 2004-05 Annual Plan for Services to Older Adults in Erie County will be available at the Hearing for review. We will also seek input from attendees who wish to comment on the needs and concerns of senior citizens or related caregiver issues.

The Hearing will immediately follow the noonday meal program at North Buffalo and should conclude by 2:30 pm. All Erie County seniors are encouraged to attend the Hearing to share their views and concerns.

North Buffalo Community Center  
203 Sanders Road  
Buffalo, NY 14216

If you'd like to speak at the Public Hearing, please call Senior Services at 858-8544. Please join us and let your voice be heard!

**10/1** International Day of Older Persons

**10/20 Deadline** for all Home for the Holidays Entries

**11/4 Election Day** – Your Vote Counts!

**11/7 1:00 pm Public Hearing**, North Buffalo Sr. Ctr., Sanders Rd., Buffalo. Your Input is Welcome and Invited

## Message From the Commissioner...

“How old would you be if you didn't know how old you were?” This quote from the late, great Satchel Page asks a probing question. So often we allow chronological age to define who we are and how we act. On numerous occasions I've been asked to define old age. My favorite response I learned from Dr. Zorba Pastor (of NPR notoriety) who defines old age as “twenty-five years older than you are today!” If you think about it, when you were 25, 50 was old; at 50, old is 75; and at age 75, 100 is old. In reality, you're as old as you make up your mind to be. My own mom always told her friends, “My children and grandchildren keep me young.” As much as I'd like to take partial credit, it had more to do with her attitude and zest for life.

I recently had an opportunity to be part of the audience in Buffalo as Dr. Pastor pre-recorded a show for Public Broadcasting. The topic he discussed was **“LIVING THE LONG, SWEET LIFE.”** For once it was great to hear a health professional speak positively about the aging process, rather than the usual morbidity and mortality issues related to disease. It is this fear of chronic illness and the infirmity associated with it that leads to us worrying about aging.

A kind sage once told me that “Worrying is like sitting in a rocking chair; .....

(Continued on page 2)



Commissioner  
Pamela M. Krawczyk

## "Passport to Wellness; Walking for Health"

All Walks begin at 10:00 am  
Registration at 9:30 am

### Friday, September 26, 2003

Isle View Park, 796 Niagara Street;  
Tonawanda 14150

Meet @ the Casino

Guest Speaker Mari Brick- NYSDOH  
Arthritis Program Manager- PACE

### Friday, October 3, 2003

Como Park, 2220 Como Park Blvd.; Lan-  
caster 14086

Meet @ the Senior Center- Como Park  
Blvd. Entrance

Guest Speaker Jill Bronsky- SENIORMO-  
TION Owner/Instructor-  
"Benefits of Walking"

### Friday, October 10, 2003

Wendt Beach, 7676 Old Lake Shore  
Road; Derby 14047

Meet @ the Central Shelter

Guest Speaker Dorothy Levitt- Erie  
County Dept. of Senior Services-  
"A Dose of the Right Medicine"

### Friday, October 17, 2003

Akron Falls, Parkview Dr. Akron, 14001

Meet @ the shelter- Follow the entrance  
and proceed down the hill

Guest Speaker-Richard Derwald- Erie  
County Dept. of Senior Services-  
"Strength Training"

### Friday, October 24, 2003

Ellicott Creek Park, Niagara Falls Blvd. &  
Ellicott Creek Rd.; Tonawanda 14150

Meet @ the Casino

Guest Speaker- Lisa Smith-Erie County  
Dept. of Senior Services - "Nutrition"

### Friday, October 31, 2003

Chestnut Ridge Park, 6121 Chestnut  
Ridge Road; Orchard Park 14127

Meet @ the Lodge

Guest Speaker- Bill Adams- Tai Chi  
Entertainment-Tony DeCorse, Accordion

For more information or to register, con-  
tact: Amy R. Rydzynski-Rokitka, The  
Wellness Institute of Greater Buffalo &  
WNY, 65 Niagara Square -Room 607,  
Buffalo, New York 14202  
phone # 716-851-4052  
email- [arydzynski@city-buffalo.org](mailto:arydzynski@city-buffalo.org)

Walking is good for your body and your  
mind. It is fun and can be almost any-  
where, with someone or alone, and is not  
expensive!



## Commissioner's Message *continued from page 1*

...it gives you something to do but won't get you anywhere." So stop worrying! Getting older in the USA may not be 100% perfect, but the good news is that we're not only living longer, we are healthier. Today, research studies have shown a marked decline in disability in the total U.S. population over the past 20 years.

Disability in this case is used in clinical terms to refer to those individuals who are no longer independent. If

***"We turn not older with years,  
but newer every day"***

Emily Dickinson

you ask any older adult what they want or need most, chances are that a sense of independence will be at the top of their list.

So how do we maintain our current level or enhance our ability to be independent? We're all aware of advice such as: don't smoke; follow the advice of your physician; exercise regularly; and eat a well balanced diet that is low in fat and high in fruits, vegetables and fiber. But equally important are some suggestions that are often overlooked:

**Mind Aerobics.** Engage in activities that challenge your brain. Lifelong learning is essential for a healthy brain.

**Celebrate Your Spirit.** Prayer, meditation, yoga and attendance at formalized places of worship play a significant role in over-all well-being. Researchers are presently studying how prayer and spirituality help us face our daily stresses and challenging events.

**Participation & Purpose.** Retirement may be an opportunity to withdraw from daily stress associated with work, but the loss of sense of purpose can be detrimental. It is important to seek out ways you can actively participate in your community, whether it is volunteerism or part-time employment.

**Have Fun & Laugh.** When was the last time you laughed so hard your stomach muscles ached? Did you know that laughing is as therapeutic as doing sit-ups?

**Family & Friends.** Last, but not least on the list, is the basic human need to love and be loved. Therefore, develop and maintain social relationships. There is so much one can learn from others, and the value of having an emotional support network is priceless!

I believe that Erie County's greatest resources are found in the people who live here. The Secretary General of the United Nations, Kofi Annan, once stated that, "Every time we lose an elder from our village, we lose a library." We have a responsibility to ourselves and to others to take good care of each other!

People don't often talk about elder abuse. Yet this year, the Erie County Department of Senior Services marks 25 years of our Protective Services for Older Adults Unit. PSA started as part of Senior Services in late spring of 1978, and handled about 600 cases in the first year. Currently the unit receives more than 1500 calls annually! Unfortunately, these numbers are only the "tip of the iceberg." Victims often don't report abuse – some are embarrassed, some are ashamed, some think reporting will only make things worse. Elder abuse occurs not only in our community, but around the world and takes many forms: physical or psychological abuse, domestic violence, financial exploitation, and extreme self-neglect and failure to provide for one's safety and basic human needs. Financial exploitation now accounts for nearly half of elder abuse cases, including older persons who are taken advantage of by friends, neighbors, alleged "good Samaritans", home repair contractors, power-of-attorney representatives, and even their own family.

Commissioner Pamela Krawczyk explains, "It's a notable milestone that this dedicated unit of our Department has spent 25 years serving the special needs of seniors in the community. Yet we hesitate to call this anniversary a 'celebration'. Celebration will come only when the need no longer exists in the community." Instead, the anniversary is an opportunity to introduce Gavin Kasper as Supervisor of Protective Services for Older Adults. Mr. Kasper has worked with other community agencies such as Crisis Services, Heritage Centers, and Catholic Charities.

Gavin Kasper says, "I'm looking forward to continuing PSA's good work of the past 25 years and the opportunity to develop or implement some new ideas throughout the community. Adapting service delivery consistent with the changing needs of the aged population is crucial to facilitating an end to elder abuse." One out of every five residents of Erie County is 60 or older.

▪Of calls to PSA, the **victim calls in only 5%** of the cases. Usually a friend, relative, health professional, police or someone concerned makes the report.

▪Nearly **2/3 of victims are female**, but **males are also victimized**.

▪In **85%** of cases of physical or sexual assault, maltreatment and neglect, the **perpetrator is a relative** of the victim.

▪National statistics of elder abuse:

37%	Neglect
26%	Physical abuse
20%	Financial exploitation
11%	Emotional Abuse
2%	Sexual Abuse

Erie County Department of Senior Services, Erie County Coalition Against Family Violence, Erie County Commission on the Status of Women, Erie County Youth Division, Planned Parenthood, and Erie County Sheriff's Department partnered with Crisis Services to promote a poster-art competition called Draw the Line to raise awareness of family and domestic violence, elder abuse, and sexual assault. These partners unveiled some of the Draw the Line art for public display in the Rath Building Lobby (95 Franklin St.) on Sept. 25. Placemats featuring some of the artwork will be distributed through all Stay Fit Dining Sites, and posters will be distributed throughout the community to raise awareness.

If you know of or suspect abuse, don't keep quiet. Call Protective Services for Older Adults at 858-6877.

## Are You Reading This?

Now imagine how difficult that would be if you were blind. The National Federation of the Blind offers NFB-NEWSLINE. Anyone who cannot read conventional newsprint may qualify for the free service. Subscribers can use a toll-free number from any touch-tone phone and enter their personal ID and security codes to hear the newspaper of their choice 24 hours a day, 7 days a week. *The Buffalo News* is one on a list of dozens of newspapers that participate, as well as *USA Today* and *Wall Street Journal*. Go to [www.nfb.org/newsline1.htm](http://www.nfb.org/newsline1.htm) or call (410) 659-9314 for more information or to register for this helpful service.



## Home For the Holidays Deadlines Oct. 20

Last year, with the help of the Erie County Department of Senior Services, Southwest Airlines selected 15 candidates to receive complimentary roundtrip tickets enabling them to spend time with loved ones during the holiday period. This year, Home for the Holidays applications are available at all Stay Fit Dining Sites and area Senior Centers. The deadline for applying is quickly approaching - October 20, 2003.

Pictured here are 2002 winners following a presentation by Erie County Executive Joel A. Giambra and Commissioner Pamela M. Krawczyk at the Rath Building. County Executive Joel Giambra said, "Thanks to the Home for the Holidays program, 15 seniors will spend the holiday season with their loved ones. I am pleased my administration has formed a partnership with Southwest, allowing these Western New York seniors to receive free round-trip fare. Southwest is helping to make a real difference in the lives of our senior citizens."



Winners of 2002 Home for Holidays

An application may also be downloaded from Senior Services' website at [www.erie.gov/depts/seniorservices](http://www.erie.gov/depts/seniorservices), or by calling Senior Services at 858-8544.

In the 20+ years of Home for the Holidays, Southwest Airlines has reunited many families and friends. All recipients are at least 65 years of age and must demonstrate a compelling need, such as illness, low income, or evidence of hardship such as not having seen someone in years. Travel must be completed between 12/1/03 and 3/31/04. For seniors who wish to purchase a ticket, Southwest Airlines offers a limited amount of discounted, refundable Senior Fares to those age 65+ on every flight, every day.

## Food Stamps...Help stretch your budget

With the heating season arriving, many older residents of Erie County begin to feel a "pinch in the pocket-book." Across the nation, many seniors are eligible for Food Stamps, yet don't take advantage of this Federal program. Often, if you qualify for Food Stamps, there may be other benefits and programs for which you are also eligible.

Current monthly income limits are \$ 960 for single, \$1,294 for married couples, with a resource limit of \$3,000. You need not come downtown to apply for Food Stamps; you can mail in the application and request a telephone interview.

Food Stamps are no longer the paper coupons of the past – using the program now is as simple as swiping a debit card at the grocery store. And the program is flexible in that even if you qualify only for a minimal amount of \$10, that still helps you stretch your budget and buy some milk, cheese, bread, meat, fruit and vegetables you need to stay healthy.

You may call the Food Stamp office directly at 858-8347, or speak with a Senior Services Case Manager at 858-8526. Please don't skimp on your nutrition simply because of expenses – let Senior Services help.

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**The Food Shuttle of WNY** helps alleviate hunger in the community by transporting surplus food from supermarkets, bakeries, restaurants, and other businesses to those who need it through food pantries and shelters in the Buffalo area. The Food Shuttle does not pick up or deliver to private homes. The ALL VOL-UNTEER organization currently needs volunteers to pick up foods. If you are interested in helping, please call them at 688-2527. RSVP (858-7548) currently has 20 volunteers assisting the Food Shuttle of WNY.

My mother had moved into an assisted living facility 4 years ago, and the move was fraught with emotion, as she acutely recognized how much of herself she had lost to dementia, fearful of greater loss. In time, she adapted and learned to tease the staff and make a friend or two on her unit. Staff kidded her and I was often startled to hear unwitting imitations of her English accent as staff told her something was “lovely” or someone was a “pill.”

It seemed, though, that Mom’s facility was in some sort of financial trouble, although the reason for that was difficult to explain. It was an older building, and when she moved there, full of people. As time passed, the population of the home dwindled and various portions were closed. Finally, in May of this year, the residents and their families were told it would close by September. How complicated and scary such dislocation is for people! Some families had spent all of their loved ones’ money on care in the facility, and by so doing, had bargained in good faith that when the money ran out, the facility would keep the resident. And now, funds were running short, and entrance to a new place could very well depend on ability to pay. Families were struggling with some cruel realities—Medicare does not pay for assisted living, neither does Medicaid, and the two available options are SSI or private pay. SSI is for people who have exhausted all money, and reimburses facilities at the rate of \$28 per day. This is not enough to keep the doors of most places open, so in the decreasing number of facilities able to accept SSI, private pay clients may be charged a rate high enough to balance out the costs of running the facility. That is in addition to

whatever endowments or fundraising the facility can do. So here we were, faced with moving, after committing so much of Mom’s resources to a place that was going under, and worrying about where she should go.

I had actually anticipated some of this, and luckily found a place near my home that seemed clean, and the staff had been welcoming. Mom was so worried about what was going on that I felt moving her as quickly as possible was essential. How much our relationship had changed! She was so dependent now, and so needy. How aware and appreciative of getting needed help. The move was accomplished, with great help from friends and family, in less than a week. And how hard it was to hear Mom say, “I’m scared, I’m worried, my stomach hurts.” And not knowing how she would adapt. I remember when she first came to Buffalo, she said she felt she had nothing to look forward to anymore, she wasn’t going *to* anything. And when she got here, she cried and cried and cried. Would this move take her to the same depths? How would we do? What problems and what fun would come our way?



Keep your sense of humor!

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## Early Warning Signs of "Caregiver Burnout"

If you are caring for an aging or ill relative, answer each question based on your recent feelings:

1. Are you devoting an hour or more a day to helping a family member with a serious illness or disability?
2. Do you ever resent this person for resisting your advice or assistance?
3. Do you feel that you should be doing more to help this person?
4. Are there strains in your marriage or with your children because of your caregiving activities?
5. Have you been telling people that you feel fine, knowing it isn't true?
6. Are you having to miss days at work or needing to leave early?
7. Have you become somewhat secretive or cut yourself off from some of your closest friends?
8. Are you experiencing stress symptoms - headache or insomnia - that you haven't had before?
9. Is your daily schedule frequently derailed because of the other person's needs?
10. Do you sometimes worry that you're putting too much responsibility on your children?
11. Do you often feel frustrated because the condition of the person you're helping has not improved?
12. Do unspoken tensions between you and the other person ever make you want to lash out in anger?

### Scoring:

If you answered "YES" to 3 or fewer questions, you're managing the stress in your life quite well. If you answered "YES" to between 4 and 7 questions, you need to lighten your load. If you answered "YES" to 8 or more questions, you have reached your caregiving breaking point and should consult a physician, counselor, case manager, or support group to avoid becoming ill yourself.

*By Leonard Felder, PhD., Reprinted with permission from Family Circle*

Call Today: (716) 858-8526

Call the Caregiver Resource Center in the Erie County Department of Senior Services for information about programs and services for seniors, as well as assistance in finding caregiver support and respite.

There is no cost and your call will be handled confidentially.



# NUTRITION PROGRAM

## STAY FIT DINING



### **Celebrating 100 Wonderful Years**

Recently, one of our regular Stay-Fit diners-Blanche McCarren turned 100!! Pictured here is a party for her at Northwest Senior Center in July. Blanche's secret to living so long? "Good living," and she explains she came from a large but fairly strict family. Many friends turned out to celebrate the milestone, wishing her many more, and sang to her in Polish. Fran Lull, Director of Activities at Northwest, says that they are excited to celebrate such a happy occasion.

The Northwest Buffalo Senior Center, located in the Military/Hertel neighborhood of Buffalo, has a wide range of programs, including the Stay Fit Dining Program offering a daily lunch. During the summer months, there is swimming on Thursday and Fridays, as well as the usual bingo and cards. Earlier in the summer, the seniors took a trip to go cherry picking, and in August they celebrated United Way's Day of Caring with a cook-out. They also use their van to enjoy going to the Erie County Fair. Every day the atmosphere is filled with warmth, kindness and friendship: fresh coffee is always brewing, friends are socializing and playing cards; picnics,



ice cream socials, and birthdays are celebrated regularly. The Nutrition lunch is served daily at noon, and each person makes a difference by participating.

"Keep informed, keep active" both in mind and spirit is Blanche's advice. Congratulations to Blanche! and to all our seniors who live life as a celebration!

For information about any of our Stay Fit sites, call 858-7639 and find out more about a site near you!

**"We turn not older with years, but newer every day."**

# NUTRITION PROGRAM

## STAY FIT DINING



The Stay Fit Program was able to offer Farmers Market Coupons to Stay Fit Diners who met the income criteria. And we helped bring the Farmers to your nearby Senior Center!

Program Director Susan Radke explains, "The latest nutritional models show that senior citizens should eat at least five to seven servings of fruits and vegetables a day. To make it easier for them, we're bringing the best of WNY right to their door. They don't need to drive all the way out to the country to get fresh vegetables and fruit- the farmers bring it right here, to the place where seniors come to meet

friends, have fun, enjoy a hot lunch...and now to purchase fresh produce. These coupons are good for purchasing fruits and vegetables through November 15. WNY offers an incredible variety of crops throughout the growing season: strawberries, cherries, peaches, corn, apricots, nectarines, plums, pears, potatoes, lettuce, melons, herbs, tomatoes, pumpkin, asparagus, carrots, beets, radishes, broccoli, cauliflower, beans, zucchini, peppers, cabbage...almost everything seniors need for good nutrition." While honey, pies, breads, jellies and jams are also available from local farmers, the coupon program does not cover such purchases.

***"Seniors should eat at least five to seven servings of fruit and vegetables a day."***



Farmers Markets will be held at some Stay Fit Dining Sites, and all are welcome to visit and purchase fresh produce.

- Oct. 8 North Buffalo Community Center  
203 Sanders Rd., Buffalo
- Oct. 15 Maryvale East Senior Center  
100 Moorman Dr., Cheektowaga
- Oct. 22 Riverside Senior Center  
2607 Niagara St., Buffalo

Farmers Market Coupons will be available again next summer for Stay Fit diners who qualify. Many markets are able to accept Food Stamps for produce purchases.

**Where can you go** for a healthy and well-balanced noontime meal at a reasonable price? Where can you go to meet new friends, exercise and dance, enhance your computer skills, plan exciting trips, participate in cooking demonstrations, and have some fun? There are 54 Stay Fit Dining Sites in Erie County where people 60 years of age and older enjoy delicious food and a friendly atmosphere. The centers are generally open from Monday through Friday 9 am to 5 pm. A voluntary, confidential contribution of \$2 per meal is suggested. All contributions go directly back to the Nutrition Program to provide more meals and more opportunities for our older residents in Erie County! For more info., call **Stay Fit Dining at 858-7639!**



As many people throughout the Northeast discovered during August's power failure, emergencies can come in many forms and can be caused by weather situations or be man-made. We encourage you to develop your own Family Disaster Plan, and offer the following as some helpful guidelines in preparing for the next emergency, which may well be a snowstorm.

Often, when emergencies such as blizzards strike, the elderly and isolated are affected most severely. Vans that take people places cannot run on schedule due to driving hazards. The meals on which people depend may not be delivered on schedule. An ideal situation is to be prepared for an emergency **BEFORE it happens**. Below is a list of suggested foods and materials to set aside in an easily accessible location. It is suggested you purchase enough emergency food for at least 7 days.

Due to the canning process, you can eat these foods without cooking (in the event you do not have access to a stovetop) including:

Cut Green Beans	Sliced Carrots	Whole Kernel Corn	Orange Juice
Sweet Peas	Sliced Beets	Mixed Vegetables	Sweet Potatoes
Pineapple Juice	Grapefruit Juice	Apricot Halves	Fruit Cocktail
Sliced Pears	Chunk Ham	White Meat Chicken	Pork & Beans
Beef Stew	Non-Fat Dry Milk	Chunk Light Tuna in Water	
Graham Crackers	Cookies	Corn Flakes	Rice Krispies

(The above foods are included in "Blizzard Boxes" distributed to Meals on Wheels clients)

**Other suggestions:** granola bars, dried fruits such as prunes/raisins, canned corned beef, Spam, salmon, sardines, peanut butter, canned puddings, cheese spread, jelly, ham, marmalade, etc. **Keep a manual can opener**, as electric power may be out due to downed power lines, and disposable utensils. Also keep bottled water in case water mains freeze. Always have flashlights and extra batteries on hand.

Additionally, the Red Cross suggests the following for seniors:

- Assemble a disaster supplies kit.
- Arrange for someone to check on you, and have a plan to signal the need for help.
- Plan and practice the best escape routes from your home.
- Plan for transportation if you need to evacuate to a Red Cross shelter.
- Find the safe places in your home for each type of emergency.
- Post emergency phone numbers near the phone.
- If you have home health care service, plan ahead with your agency for emergency procedures.
- Teach those who may need to assist you in an emergency how to operate necessary equipment. Be sure they will be able to reach you.

Because Senior Services recognizes that planning can help in these situations, we have posted additional information to our webpage at [www.erie.gov/depts/seniorservices](http://www.erie.gov/depts/seniorservices) to help you prepare now, in advance of any kind of emergency situation.

## “Stories of Life”—It’s Good to Look Back

The *Stories of Life*, based partly on our local seniors’ remembrances and memories, may have ended its stage season this Spring, but the excitement continues as we compile a video of stories and some comments from our local story-tellers. Meanwhile, if you would like to be able to share **your stories of life** but don’t know where to begin, we can help. The Wise & Well Program offers a brochure called “Writing the Story-Sharing the Wisdom” which can help start you on the path.

### Consider sharing your memories by:

- \*Getting your photographs labeled
- \*Writing down and preparing a favorite family recipe
- \*Painting a memory
- \*Recording your voice telling a story
- \*Filling in a family tree and exploring your genealogy
- \*Recording your family’s health history
- \*Writing a song or a poem
- \*Teaching a game from your youth to a child
- \*Sharing a talent
- \*Making new memories to share



Lisa Ludwig from MusicalFare Theatre poses with some of our real storytellers/contributors to the Stories of Life following a springtime performance at Schiller Park. Our thanks to all those wonderful seniors who contributed.

If a group of friends is interested in finding out more about storytelling, please contact your Senior Center Activities Director. Dorothy Levitt, RN is available to lead groups through a reminiscent experience and the various ways these life experiences can be shared with others; just call 858-8081.

Remember, you have an entire lifetime of experiences on which to reflect and share – they’ve helped shape you into the wonderful person you are. Share your stories with those close to you!

*“We turn not older with years, but newer every day”*

Emily Dickinson

The **Partnership for Clear Health Communication** has come up with a simple way people can improve communication when talking with doctors, nurses, pharmacists and other health care providers. **Ask Me 3.**

**Good Questions for Your Good Health - visit [www.askme3.org](http://www.askme3.org) for more info.**

- 1. What is my main problem?**
- 2. What do I need to do?**
- 3. Why is it important for me to do this?**

Don’t forget your flu/pneumonia shot... visit the website  
[www.immunizewny.org](http://www.immunizewny.org) for info about locations, etc.  
and to easily search by date, town, or providers.

**The next issue of *60 Plus* will be late March/early April 2004**

Go to [www.erie.gov/depts/seniorservices](http://www.erie.gov/depts/seniorservices) to read it on-line  
or to find a vendor location listed by zip code, or call us at 858-2117.

**Our sincere thanks to all those who make this newsletter available.**

## Thank You For Your Support and Generosity

Page 11

As the number of seniors grows, so does the need for our vast array of services. The Department of Senior Services encourages and appreciates donations. If you are in a position to do so, please fill out the form below. 100% of your contribution will be used to provide direct service to an older adult in need. **Thank you!!!!**

I designate my donation of \$\_\_\_\_\_ for:

\_\_\_\_\_ Newsletter

\_\_\_\_\_ In-home services

\_\_\_\_\_ Transportation

\_\_\_\_\_ **Use where most needed**

\_\_\_\_\_ Home-delivered meals

\_\_\_\_\_ Adult day services

### Mail to:

Erie County Department of Senior Services  
95 Franklin St., Rm. 1329  
Buffalo, NY 14202

Please make check payable to:  
Erie County Department of Senior Services.  
Your check is your receipt.

## Senior Services Announces *Alpha Program* Schedule for Fall

Erie County Department of Senior Services sponsors the Alpha Program as a community outreach function bringing Senior Services to neighborhood locations, allowing for easy and convenient access to the various and valuable services available to residents 60 and older throughout Erie County. The program was formerly known as the Mobile Assistance Program (MAP), but Commissioner Pamela Krawczyk explains the name change this season “to more fully capture the variety of services offered through the Department – a whole gamut of programs from A-Z, enriching the lives of ALL Erie County’s seniors.”

Each Alpha location is staffed by a representative of the Department of Senior Services able to assist with information about energy assistance programs, nutrition program, health information, protective services, transportation assistance, health insurance assistance, and caregiving issues. Additional services are also represented: Coordinated Care Telephone Assurance Program, National Fuel’s Consumer Services, Erie County Health Department testing for hypertension (high blood pressure), Buffalo Municipal Housing Authority, and Erie County Office for Veteran Services, to name only a few. At every Alpha location, Erie County Department of Senior Services issues its photo identification cards, the 62+ Card and the Complimentary Card for those 65 and older (entitled to reduced Metro bus and rail fares).

October 2	1:00 PM – 3:00 PM	Maryvale East Senior Citizen Complex 100-120 Moorman Dr., <b>Cheektowaga</b>
October 4 - 5	11:00 AM – 5:00 PM	Erie County Parks Dept. Spraguebrook Park, <b>Colden</b>
October 8	1:30 PM – 3:30 PM	Jewish Federation Housing 275 Essjay Rd., <b>Williamsville</b>
October 10	1:00 PM – 3:30 PM	Town of Tonawanda Senior Center 291 Enslinger Rd., <b>Tonawanda</b>
October 23	9:00 AM – 12:00 PM	Amherst Senior Center 370 John James Audubon Pkwy., <b>Amherst</b>
November 7	9:00 AM – 1:00 PM	Sardinia Health Fair 12320 Savage Rd., <b>Sardinia</b>

If you have any questions or concerns related to services and programs for older adults – call the information and assistance number 858-8526 Monday-Friday during business hours. Photo identification cards are available during business hours at Senior Services’ Rath Building offices.



ERIE COUNTY 60 PLUS

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[www.erie.gov](http://www.erie.gov)

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County Executive

*Pamela M. Krawczyk*  
Commissioner

*Jennifer Mantione*  
Editor

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## From the County Executive...



County Executive  
Joel A. Giambra

With winter just around the corner, **now is the time to apply for the Home Energy Assistance Program**, otherwise known as HEAP. This is an excellent chance for local senior citizens like you to offset the high costs of heating your homes this winter season.

But don't delay. Apply today. The County's HEAP program

is based on a first come first served basis. As a senior citizen, you will have the opportunity to file for HEAP at least one month prior to the HEAP office opening to the general public.

Participation is based upon gross family income and household size. It's important to note that food stamp recipients automatically receive basic HEAP. The Erie County Department of Senior Services will

be mailing out applications to qualifying seniors, however you may call the **Senior HEAP Hotline at 858-7870** with any questions or concerns.

Once again, apply early. Please double-check your Social Security letter to ensure that you are using the lower of the two income amounts listed. By using the lower amount you will receive the full benefits you're entitled to.

Typically, the HEAP program begins in the late fall, so please don't hesitate to apply.

Our seniors deserve to be comfortable and safe, therefore, I'm glad that my administration is able to help you with the high costs of heating your home.

Household Size	2003 Monthly Income
1	up to \$ 1,729
2	up to \$ 2,261
3	up to \$ 2,793
4	up to \$ 3,325
5	up to \$ 3,857
6	up to \$ 4,389